

Calypso, Roadmarch Contest Date Changed

SAN NICOLAS—The date of the Calypso and Roadmarch King Contest has been changed from Friday January 18, to Wednesday January 23. A total of 8 bands and 14 calypsonians will participate in the contest, featuring: Sumed H., with Tito Flores; La Nueva Fuerza, with Lord Boxoe Triple S, with Lord Papi-

to and Mighty Bridge; Sen sacion del Caribe, with 2 calypsonians; Vibracion 74, with Lord Kincho and Pincher S. United, with Mighty Reds and Mighty Cliffy; P.P. Brass, with king Surpriser; Time, with Kai-so Teddy, Singing Olivia and Mighty Talent. The contest will be at the Lago Sport Park in San Nicolas.



Lord Boxoe:

A.L.M. Canceled Flight To Jamaica On Tuesday

WILLEMSTAD—The A.L.M. airline canceled its scheduled flight to Kingston, Jamaica due to widespread demonstrations against the government of that island. The airline was informed by its representatives that

the road leading to the Palisades airport was blocked by demonstrators protesting against a hike in the price of gasoline and propane gas. The demonstrators placed barricades across roads and set automobile tyres on fire.

Quality of Time You Share With Your Mate Is What Counts, Not the Quantity

It's the quality — not the quantity — of time that couples share which can keep marriages together, say experts.

"Quality time is time that's spent building a rela-

tionship. It's time spent interacting with each other, sharing emotional activities," explained psychologist Richard Samuels.

Here are expert tips on how you can make time with your partner quality time.

● Touch each other a lot. "Touching offers emotional, as well as physical, contact," said Dr. Samuels.

"If you're home together working on chores, reach out from time to time and touch each other.

"A touch says, 'I'm there for you. I am still in contact with you,'" Dr. Samuels continued.

● Share as many experiences as possible.

"Cook meals together, work in the garden, paint a room, put up some wallpaper, work on a do-it-yourself project — these are some ex-

periences that are potentially very rewarding," said Dr. Samuels.

● Change your routine. Go to new places, visit new friends, enjoy new activities. They will give you and your partner something new to share, said Dr. Anthony Pietropinto, director of mental health at the Lutheran Medical Center in Brooklyn, N.Y.

● Go places where you won't be interrupted. "Maybe you can take a ferry ride together or drive to the top of a mountain. The more remote it is, the more you'll talk and interact," said Dr. Pietropinto.

● Become an active TV watcher. "When you watch a TV show, discuss it. Talk about what the show meant to you, how you related to it, what you were thinking," suggested Dr. Samuels.

● Flirt and kiss a lot. It will bring you closer together — and you don't have to end up in bed. Just share time being close, said Dr. Pietropinto.

● Make your sexual time together quality time by sharing your sexual fantasies, suggested Dr. Samuels. You'll be sharing your deepest thoughts with your partner, which will bring you closer together.

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